



The Senior Edition

The Shrewsbury Council On Aging Newsletter

published Monthly for all

Shrewsbury Residents age 60 and over

February 2004

Volume 4, Issue 2



February 2004 Special Dates:

National Heart Month

Free AARP Tax Assistance Available (pg 3)

Feb. 11th: Free Legal Clinic; Atty Paula Smith: 10am
COA Board Meeting 10AM

Feb. 14th: Happy Valentine's Day

Feb. 16th: **Presidents' Day: Offices Closed**

Feb. 17th: Friends SSC Meeting 1PM

Speaker: Five Wishes Program

Feb. 19th: Special Lunch and Talk: What Is A Rest Home?
with Dodge Park Rest Home

Feb. 20th: Brown Bag and a Movie 11:30 AM

Feb. 24th: AARP Meeting 1:30 PM

*speaker: Dr. Anthony Bent,
Superintendent of Schools*

Feb. 26th: 1 pm: Older Drivers:
As Wise As You Can Be Program

Feb. 27th: Office hours for Rep. Karyn Polito 9:00AM
Newsletter Mailing 9AM

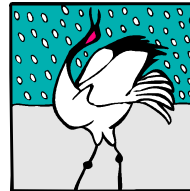
And much more...

see inside for details and calendar on back page

***The Town of Shrewsbury's
Council On Aging mission is to develop
and support community activities
which enhance the well-being of
residents of the town who are age 60 or
older .***

The COA would like to recognize the State Office of Elder Affairs for allocating a portion of the 2004 Formula Grant to go toward the mailing labels for our Newsletter

Attention: 'Snow Birds'...



Winter is still here and some of you lucky folks are leaving for warmer climates. Please don't let your Senior Edition go to waste. When you go away and put your mail on hold, (or forward your mail) your newsletter does not get held. It is returned to us. That costs us money! Money that we just don't have. So **PLEASE** let us know when you are leaving and when you will return so that we can stop your newsletter. We will gladly restart it again when you return! **A special THANK YOU to all who notified us last month!**



**Friends of the Shrewsbury
Senior Center, Inc.**

98 Maple Avenue, Shrewsbury, MA 01545

RETURN SERVICE REQUESTED

NON-PROFIT ORG.
U S POSTAGE
PAID
WORCESTER MA
01613
PERMIT NO. 1102

ADDRESS LABEL HERE

Shrewsbury Council on Aging (COA)

Shrewsbury Senior Center
98 Maple Avenue
Shrewsbury, MA 01545
(508) 841-8640

February 2004



COA Staff and General Information:

Office Hours: Monday through Friday:
8:00am-4:30pm

Office Phone: 508-841-8640

Office Fax: 508-841-8641

Staff: COA Board Members:

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman,
John Concordia, Secretary, Al Crommett, Lillian Goodman
Helen McLaughlin and Tim Swiss

COA Director: Sharon M. Yager

Assistant to COA Director: Vicky Pellegrino

Transportation Coordinator: Cynthia Willis

Van Drivers: Ralph Anderson, Mike Jardarian, Mike Mazzola,
Dick Londergan, Ed Rezuze, Norm Vandal, and Keith Harlow

Fill-In Drivers: Bob Dumas, Holly Henry

Meal Site Coordinator: Cheryl Lucier 508-841-8757

Meals on Wheels Drivers:

Alan Buckley, George Bergquist

Outreach Coordinator: Jacqueline Lofgren

Volunteer Coordinator: Marcia Grillo

SHINE Counselors: Mary Hardell, Al Crommett

Friendly Visitor Coordinator: Lorraine Covino

Newsletter Coordinator: Fran Rimkus

Newsletter Editor: Ailsa Macdonald

CARES Coordinator: Dave Grillo

CMAA Liaison: Vicki Zwerdling

Volunteer Office Staff: Dorothy Dobson, Loretta Henry,
Carmella Iacono, Elaine Kelley, Nancy Kowalczyk,
Lucille Mc Hugh, Katharine Nelson, Rochelle Lockwood,
Shirley McDonnell, Betty Viscera, Phyllis Robbio

Senior Aide: Susan Pappas

Veteran's Agent: Richard Perron, 508-841-8386

Office Hrs: Mondays: 8:30am to noon

Thursdays: 8:30am to 3:45pm

VOLUNTEER And STAFF NEWS:

HAPPY FEBRUARY BIRTHDAY TO:

February 20th-**Dot Dobson**/Office Volunteer,
February 23rd - **Betty Viscera**/Office Volunteer

OUR CONDOLENCES TO:

The families of **John Concordia**, **Carmella Iacono** and
Betty Neilson.

Our long-time Board Member, John Concordia, lost his
beloved wife Joan just after the holidays. Our office
volunteer Carmella, also lost her mother.

Lastly, since our last publication, our former Outreach
Coordinator, Betty Neilson, died at the untimely age of 58.
Betty helped a lot of people during her time at the COA
and will be missed by the staff and all who knew her.

Letter from the COA Director:

This month we will mark the 4th year of the Senior Center's Grand Opening. The picture above was of the "balloon wreath" that was hung in the Main Hall. For those of you who attended, hopefully it will bring back fond memories of a special day!

The new van is creating quite a "buzz" and some people are inquiring what the current transportation services are. A detailed column is listed on page 7 to give you more information on the van service.

You may have begun to catch our COA Board Meetings on TV, which will now be recording each month, along with other government meetings. We have a list of topics that will be covered at our Board Meetings. This month, we will discuss Volunteers. Please remember that these meetings are always open to the public and anyone is welcome to attend and/or speak if they wish. We also welcome your feedback and questions after the Board Meetings air.

This month's Senior Magazine TV Show will be an interesting one. Have you ever wondered how the Newsletter starts on our computers and ends up in your mailbox? This month's show will take you from start to finish to show how the Newsletter is produced each month. It will air Thurs: 2,6 and 9:30pm and Fri at 10am.

You may recall that awhile back, I mentioned in this column that we hoped to have the Senior Edition on-line for those of you who might be interested. The town has hired a new website coordinator, Jackie Pratt, who works out of the Light Department. She feels this will be possible in the very near future. Also, "news lists" will be available...if there is a change in a program, or something we want to share with you between newsletter issues, we can e-mail anyone interested. Please e-mail me at syager@th.ci.shrewsbury.ma.us if either or both of these services interest you and we'll keep you posted!

Sharon M. Yager

Welcome Aboard To:

Bob Dumas: our new fill-in van driver

Welcome back to our former van driver **Holly (Durkin) Henry**, who will also act as a fill-in.

Bonnie Savageau will be helping with special office projects as well as a "jack of all trades", helping with everything from offering office assistance to delivering Meals on Wheels.

February 19th:**Lunch and Talk with Dodge Park Rest Home**

Do you know the difference between Rest Homes, Assisted Living and Nursing Homes? Which is the right option for you or a loved one? Dodge Park will offer an educational talk following a special lunch that they will provide. This is the talk that was originally scheduled in December and had to be rescheduled due to weather. Please call to get your free tickets for the talk and lunch. Enjoy a delicious meal and learn something new in long-term care options!

February 20th 11:30am Lunch/Movie

Join us for this month's feature sponsored by Westboro Bank. This movie is the newly released film "Maid in Manhattan". Rated PG-13, this breezy comedy joins Jennifer Lopez and Ralph Feinnes in a romantic comedy that will warm your heart for the month of Valentine's Day. Join your friends for a free movie, popcorn and soft drinks sponsored by Westboro Savings Bank. Bring your own lunch, or buy a soup/salad/sandwich lunch for \$2 at the Meal Site. **Please** call the Meal Site by the morning of February 18th to reserve your seat and/or your lunch. It is very much appreciated so that we can ensure that there are adequate refreshments for everyone.

A Survey was given out at the January movie to get feedback on our movie planning for 2004. If you would like to fill one out, give the Senior Center a call and one will be mailed to you.

February 26th, 1pm: Older Drivers: As Wise As You Can Be

Many of our Outreach calls concern older drivers...what to do when you are concerned about a loved one whose driving concerns you or when you may be concerned about your own driving. This program will offer a slide presentation and discussion offering an overview on older drivers as a growing population. There will be a brief review on physical changes that increase the risks of an older driver. Strategies will be addressed to reduce traffic-related risks, such as intersection "hot spots" and the alternatives to driving. The presenter will be Yvonne Michaud, RN, a Masters Student at the UMass Worcester School of Nursing. Officer Patricia Babin will also be available to discuss this important issue. Please call to sign up.

☺ Important Van Transportation! See Page 7! ☺**Let The Games Begin!**

The Northboro COA has approached the Senior Center to discuss the towns playing each other and possibly other towns through Bridge and Cribbage. There is also interest in Chess and Bocci...our new Bocci court will be available as soon as the weather warms up! If you are interested in any of these games, call the Shrewsbury Senior Center to sign up or get more

AARP Tax Assistance

AARP is offering their annual free tax assistance for seniors. Two tax counselors will be available to meet in private appointments on Mondays and Tuesdays throughout February from 9am to 1pm. Please call the Senior Center to book your one hour appointment.

Alternative Wellness Continues!

Reiki: Will be offered on February 9th. Call to book your one-on-one session. Handouts are available if you would like to learn more about this recognized form of healing.

Chi Gong: All exercises can be done sitting if needed. Classes can be joined at any time.

Meditation/Quiet Time: Is vital for peace of mind, especially for caregivers, those with an illness or folks dealing with stress. Call the Senior Center to sign up and classes will be arranged.

Tai Chi for Arthritis Program: The focus of this program is to be interesting and easy for people of almost any physical condition or age, and without any knowledge of Tai Chi, to deliver maximum relief for the main problem experienced by people with arthritis, namely pain and stiffness, and to benefit health in general and enhance relaxation. The style of Tai Chi is the "Sun Style". It is chosen because it has agile steps, helps improve breathing, relaxation and facilitates healing. This program includes basic and advanced movements, warm-up and warm-down exercises and a Qi Gong exercise for relaxation. The basic classes will be for 6 weeks for 1 hour each. Again, there is no charge, but donations are always welcome. This class will begin in March, so call to sign up and mark your calendars.

The above programs are all offered by volunteer Walter Rice free of charge, but donations are most welcome.

Pilates Update: Instructor *Dr. Clermont* would like to remind everyone that the 1pm Pilates Class is on-going and open to everyone. He will also be offering a Modified Pilates at 2:15pm for individuals who found the original Pilates class too challenging or have special needs. One on one instruction will be provided and class size will be small, so please call ahead. This will also allow Dr. Clermont to determine everyone's needs. Start date will be determined by participation response.

Nail Care with Elayne: Elayne is available on Fridays to give manicures and pedicures, which are given in conjunction with reflexology and acupressure at reasonable rates. This is not just a service for women! Diabetes are also welcome. Call the Senior Center to sign up for your time.

Call Shrewsbury Light and Cable to sign up for
Shrewsbury's Digital Cable Service

&

High Speed Internet Access

Don't forget about our 'Share the Warmth' Program.

Call **508-841-8500** for more information
about all out levels of cable services!



**Busy Hands
Knitting Group**
Looking for a great gift? Drop by the Senior Center and view our wide variety of hand knitted goods. All items are reasonably priced.

Shrewsbury Senior

Mondays

11am

President:

Grace Fulginiti

Join Us!

Citizen's Club

CARES FEBRUARY Column:**A Few Things To Consider****By Dave Grillo, CARES Coordinator**

(Consumer Awareness and Resources for Elders in Shrewsbury)

Long-term care insurance policies provide seniors with an alternative means to pay for home health care and nursing home care. These policies have become popular since, in some cases, they allow seniors to preserve assets they wish to pass onto their children and grandchildren. The younger and healthier you are, the more affordable these policies are. In fact, you may have trouble obtaining coverage if you are sick and/or disabled when you apply. I suggest that you learn more. Two good resources: A booklet entitled, *Your Options for Financing Long-Term Care: A Massachusetts Guide* (available from the Mass. Division of Insurance, 1-617-521-7777) ; "J.K. Lasser's Guide to Long-Term Care" by Benjamin Lipson. Never buy a policy without first checking with the Mass. Division of Insurance to confirm that the seller is approved to sell long-term care policies in Massachusetts.

Are you still getting telemarketing calls even after signing up for the Massachusetts and/or the federal do-not-call registries? Complaint forms are available at the Senior Center for the Massachusetts registry, and federal complaints can be lodged by contacting the Federal Trade Commission at 1-877-382-4357 or www.ftc.gov. I can't assure that you will get results since these programs are new and I have no further information, but you might as well file complaints with both the Massachusetts registry and the Federal Trade Commission. Those of you who wish to sign up or learn more should call 1-866-231-2255 or go online to www.mass.gov/donotcall.

The reliable corded telephone that we all have depended on is in danger of being supplanted in the typical home by cordless phones and cell phones. Before you give up yours, realize that a corded phone will work if you lose electricity whereas a cordless phone will not. Corded phone users tend to get clearer reception, and these phones don't pose the security risk that cordless and cell phones do; cordless and cell phones are wireless and therefore susceptible to nearby hackers who can listen in on conversations. If you call 911 on a corded phone, police and fire personnel can locate you instantly; the ability to locate 911 cell phone callers is not yet well established.

Here is a scam to be aware of: You get a phone call or a letter from a "collection agency" with a demand for immediate payment for some phony delinquent charges attributed to you. You are threatened with legal action if you don't pay right away. If not a scam, it may be a case of mistaken identity. In any case, question it, demand documented proof, document all correspondence, and don't pay unless you are sure it's legitimate. Seek out help if you need it.

Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.

KALTSAS KORNER

Attorney Nicholas G. Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts.

While no one likes to think about one's own death, planning ahead can help your loved ones avoid unnecessary complications, delay, and expense. It is with surprising frequency that I come across individuals who have the mistaken belief that by having a Will, they are going to avoid the probate process. In fact, the opposite is true. This article seeks to dispel that misconception.

Probate is the name for the process by which a deceased person's property, known as the "probate estate," is passed to his or her heirs. The entire process, supervised by the Probate Court, usually takes about a year. A Will is a legal document that brings you to probate.

Your Will is a legally binding statement of who shall receive your property at your death. If there is a Will, distribution of property comprising the decedent's probate estate is ordered under the terms of his/her Will. If you don't make a Will, or use some other legal method to transfer your property when you die, state law will determine what happens to your property.

As a rule, most individuals want to avoid probate. By having a Will, you can control the disposition of your assets at your death, but you won't avoid probate. By not having a Will, not only do you lose control of the disposition of your assets, but you will also end up in probate. If having a Will leads you to probate and not having a Will also leads you to probate, what can be done to avoid probate?

One way of avoiding probate is by having an Inter Vivos Trust (Living Trust). A trust is a legal entity under which one person – the trustee – holds legal title for the benefit of others – the "beneficiaries." The trustee must follow the terms provided in the trust instrument. Therefore, not only you can control the disposition of your assets at your death; but, you will also avoid the probate process.

There are two kinds of Inter Vivos Trusts, revocable and irrevocable. A Revocable Trust is one that may be changed or rescinded by the person who created it. An Irrevocable Trust is one that cannot be changed after it has been created. While most individuals want Revocable Trusts, there are certain situations where the Irrevocable Trust is absolutely essential. Estate planning considerations, Medicaid planning considerations, and the goals you want to accomplish will dictate which form of trust is right for you.

This article gives general information and not specific legal advice on individual matters. Persons wanting individualized advice on matters discussed should contact an advisor experienced in those matters.



Commonwealth of
Massachusetts
House of
Representatives
STATE

REPRESENTATIVE
KARYN POLITO

Local office: 508-845-2300
Statehouse: (617) 722-2692 Room 167

SPAGS 19

Where Shopping Is An Adventure

Mon-Fri: 8am-9pm, Sat: 10am-6pm
Sun: noon-5pm

Visit Us At Our Web Site:
WWW.SPAGS.COM

Susan B. Nissenbaum

Attorney at Law

Elder Law - Home Visits

First Call No Cost

Real Estate

Wills Estate Planning

One Grafton Common - Grafton

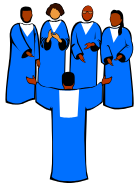
Call Now 508-839-4144

Al's Oil Service

featuring Worcester Area's
lowest prices!

307 Hartford Trnpke
508-753-7221

**Special Senior Citizen
Discounts!**



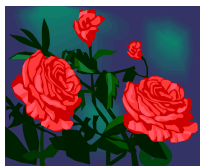
Assabet Valley Mastersingers - Sunday, February 29th, at 4PM

Presents Handel - Dixit Dominus and Haydn - Lord Nelson Mass. Tickets are \$15 and the concert will be at the Algonquin Regional High School in Northborough. Call the Assabet Valley Mastersingers at (978) 562-9838 or visit their website at www.avmsingers.org for more information.

Lunar New Year Celebration

To be held Friday, February 6th from 5 to 8pm in the Shrewsbury High School Commons. High School students will serve dinner in traditional dress of various Asian cultures. There will also be music, presentations, arts and crafts. The whole community is invited. Fliers and more information are available at the Senior Center.

2004 NEW ENGLAND SPRING FLOWER SHOW



Come and let the sun in and visit the Bayside Expo Center on Saturday March 13, 2004 for this year's NE Spring Flower Show. This bus trip will be leaving from Shrewsbury Town Hall at 9AM, returning at 4PM. Tickets are \$30 which includes entrance to the Flower Show. Limited seats are available, and with the winter as cold as it has been they may go very quickly. Tickets available at Parks & Recreation. Call with questions at (508) 841-8503.

Valentine Tea & International Gift Shop - Saturday, February 7th, 2004 11 - 3pm

First Congregational Church of Oxford, MA 355 Main St (Rt. 12), Oxford, MA. Variety of teas served by the pot, scones, cakes, tea sandwiches and more. Gift shop carries "SERRV" handcrafts from around the world. Please call (508) 987-2211 for more information.



To Honor The Loving Memory of Tara Katherine Bean

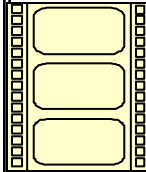
"Some Enchanted Evening" Valentine's Gala

Once again, this annual gala will be held in honor of Shrewsbury youngster Tara Katherine Bean who died Feb. 15, 2000, just 2 weeks before her 10th birthday of a brain tumor. All proceeds to benefit UMass Memorial Children's Medical Center. Saturday, February 7, 2004 at Mechanics Hall, Worcester, MA 6:30 - 11:30 pm. A silent and live auction will feature vacation getaways, Fleet Center tickets, spa packages and more. Live music will be performed by "Eye2Eye", a three-time Boston Music Award Winner! Please call (508) 845-1150 or (508) 856-2553 for more information.

Goings on at the Library New Computer Classes

The Library will be offering Intro to the Computer, Introduction to Word Processing and Intermediate Internet in addition to the current Introduction to the Internet. Call the Library for times and information at (508) 842-0081.

Film Festival



Leave the cold winter behind. Come to our Film Festival featuring Academy Award winning films from the last half century: they will be Cat Ballou (1965) February 5th; A Touch of Class (1973) February 19th. Popcorn will even be furnished.

French Conversation Circle

The French conversation circle meets Tuesdays 4-5pm. Not a class, and not for the absolute beginner, this is a weekly opportunity to converse with fellow Francophiles about a variety of topics, current, literary, or historical. Call (508) 841-8531 for information.

Shrewsbury Genealogy Club

A self-help group for anyone interested in genealogy and family history. For beginners and pros alike. No dues! Some months there is a designated topic or speaker; other months there may be a field trip. Come learn about your past.



The Shrewsbury Library, Outreach Mobile Book Van will deliver books to individual homes within Shrewsbury every two weeks. Call Debbie Mayo at (508) 841-8535 if interested in this service.



"Flora in Winter" Flower Show at Tower Hill.

Thursday, February 5th, through Sunday, February 8th, 2004. 10 - 5pm with Guided Tours at 1 & 3 daily and lectures 2pm daily. Come see this magical celebration of art and flowers that invites you to escape winter's chill and indulge your senses amidst ravishing sights and scents reminiscent of warmer months. Admission \$8 for adults, \$5 for Seniors, and lecture tickets are separate at \$5. Tower Hill is located at 11 French Drive in Boylston, MA. Please call (508) 869-6111 ext 25 for more information.

*Happy Valentine's Day
to All!*



RANDS
AUTOMOTIVE

*All Makes and Models
Brakes/exhaust/tune-ups
Wheel Alignment
Towing and Road Service,
Inspections
185 Memorial Dr. Shrewsbury
508-845-9850*

**Shrewsbury Friends
Men's Group**



**Thursdays 9-11 AM
President: John Kehoe**

RICHARD'S CAR WASH
309 BOSTON TURNPIKE
508-755-0131

ALL CLOTH WASH — HOT WAX APPLICATION
COIN OPERATED VACUUMS — 4 BAY WASHERS
Tuesday: Senior Citizen's Day: \$1 off!!!

TURNPIKE AUTO BODY
307 BOSTON TURNPIKE
508-755-3015

UNIBODY REPAIR SPECIALIST
FEATURING: LASER BEAM TECHNOLOGY
COMPLETE COLLISION WORK

Shrewsbury Friends Men's Club*Submitted by Al Vadinais.*

The Shrewsbury High School A Capella Choir presented a remarkable concert enjoyed by all. Our own Mr. Richard Carney, a member of the school building committee, gave us an update on the new high school "punch list" and the remodeling of the former high school on Oak St. Guest speakers are scheduled for the upcoming meetings. See you there!

AARP:

February's meeting will feature the Shrewsbury Superintendent of Schools, Dr. Anthony Bent. It will be February 24th, 2004 at 1:30pm. Don't miss what is sure to be a lively dialogue.

Busy Hands

Below are our busy Busy Hands members, who raised \$1,132 for the Friends of the Shrewsbury Senior Center, Inc. during 2003! Below, they share some refreshments at a recent gathering. Shown from the left are: Midge Whittle, Margaret Trautman, Carol Spiwak, Terry Moy, Marlene Holohan, Elaine Kelley, Mae Brennan, Anne Lehman, Doris Sena and Rose Marsela. Good job, ladies! Keep up the good work!

**The Friends of the Shrewsbury Senior Center, Inc.***Submitted by Diane Lindberg*

The Friends' general meeting is Tuesday, February 17, 2004, at 1 pm at the Senior Center. Don't miss this informative afternoon as "Five Wishes" will be presented by Louise Russell and Alice Johnson.

The "Five Wishes" is a document that helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. It is unique among all other living will and health agent forms, because it looks at all of a person's needs: medical, personal, emotional and spiritual. Copies of the document will be distributed and a video will be presented. Bring a family member or a friend with you!

*Five Wishes...
Don't Miss it!*

Also, the Friends would like to thank AARP for their generous donation!

Travel To learn more about an upcoming trip, call the contact people listed. **Also call for their list of other trips planned: Anna & Bernie Keiser: 508-753-1387:** Call to get new 2004 Travel Schedule.

Frank Fulginiti : 508-845-6509: Foxwoods - February 10th, March 9th

Hal Roach & The City Ramblers - March 19th,
8 Day MACKINAC Island - September 9th-16th \$979

Volunteer Opportunities:

Shrewsbury Middle School: Recruiting for the Middle School Senior Greeters Program is taking place at the Senior Center. The program will start in September and will be duplicating the program at the High School. The volunteers will welcome visitors, sign in guests, and direct the people to destinations in the building. The senior volunteers will be a welcome presence for the Middle School teachers and students. Teaming up with a friend to share 3 hours of your time in the morning or afternoon could be fun and a good excuse to get together and visit while helping out the school. Please call the Senior Center and sign up at the desk.

Grand Reading Program: The Shrewsbury Community Partnership for Children (SCPC) is looking for more volunteers to participate in the Grand Reading Program. The program is an initiative between the SCPC and the Center. The goal of the program is to bring high quality literacy experiences to children enrolled in full day childcare centers in town. Interested volunteers will go to area day care centers once or twice a month to read stories to small groups of four-year-old children. A training session will be held before placement.

Worcester County Food Bank: Volunteers are needed to help in the office. The responsibilities would be to help with the mailings and filing. For more information please call Candice Johanson, Volunteer/Special Events Coordinator at 508-842-3663.

If you are interested in any of the above volunteer opportunities or have any other volunteer opportunities to offer, please contact Marcia Grillo, Volunteer Coordinator, at the Senior Center. 508-841-8758 or email: egrillo@th.ci.shrewsbury.ma.us.

**Grafton Council On Aging
Valentine Single's Dance**

Will be held at the Grafton Senior Center for any one 50 and older. Come on Friday, February 13th, at 7:00 pm to the Grafton Senior Center Gymnasium. \$6 at door or \$5 in advance. Call (508) 839-9242 for information.

Piecemakers The Piecemakers Quilting Group had a Holiday Gathering in which "Hats" was their theme. Everyone made a hat to exchange as a surprise. The fun-loving ladies shown below include: Elaine Kelly, Priscilla Bruning, Norma Foley, Joyce Hokans, Rosalie Tamasy and Marlene Holohan.

**Administration On Aging Photography Contest**

Any non-professional photographer, age 60 or older, is invited to submit photos representing "Aging Well, Living Well". Entries must be postmarked by **February 15th**. Entry forms are available at the Senior Center.

NEWS FROM THE SHINE PROGRAM**Serving Health Information Needs of Elders***By Ellin Hassett, Regional SHINE Director*

The Prescription Advantage Program is sending out renewal applications to all members enrolled in the program throughout 2004. You need to complete this and return it by the date indicated. Not all members will be receiving the renewal form at the same time. If you have any questions on this process or need to meet with someone, please contact your local Senior Center to find out when a SHINE counselor is available or call us directly.

The Mass. Health program that pays the cost of the Medicare Part B premium is available to those who qualify. You may call us for an application or Mass. Health directly at 1(800) 841-2900.

If you are a Veteran, you may qualify for benefits to help pay for prescriptions. Call 1 (800) 827-1000 to answer your specific questions.

For questions regarding any of these topics or other health insurance questions, please call the SHINE Program at 1(800) 243-4636 option 2.

SERVE: Good Food Means Good Health!

There are two exciting specials for February. The first is a 5.5 pound boneless pork roast cut in half for just \$15.00. The second is a Sirloin Roast Beef with an average weight of 3.75 pounds, for \$14. You can now sign up on-line at www.servenewengland.org or in person at the Shrewsbury SERVE host site at Mount Olivet Lutheran Church office. The Church's sign-up hours are Monday through Thursday from 9am-1pm. Call (508) 842-2731 before you go to make sure a church staff person is available to sign you up. Deadline is February 12th for distribution on February 28th.

Support Groups

Are you or someone you care about dealing with Alzheimer's Disease? Support is available for you at Whitney Place in Westborough!

The Family and Caregiver Alzheimer's Support Group meets monthly to provide support, education, and a chance to share feelings, ideas and concerns. This month's meeting is February 3rd, next month's meeting is March 2nd. Meetings are held from 7-8:30pm with light refreshments.

The Early Stage Alzheimer Patient Support Group meets the second and fourth Thursday of each month from 10am to noon.

For more information, on either group, call Aimee at (508) 836-4354, ext. 3706.

Nutrition News

A BIG THANK YOU...We, at the Shrewsbury Senior Center, would like to thank all the generous donations that were given for our Christmas Raffle Party. All who attended (105) had an amazing time filled with fun, laughter and song. Everyone was pleasantly surprised at the generous raffle items. Our generous donors were:

SHREWSBURY PIZZERIA, WHITE CITY PIZZA
VILLAGE PIZZA, FRIENDLY'S IN SHREWSBURY
PRICE CHOPPER IN SHREWSBURY
SHAWS IN SHREWSBURY
BIG Y ON RT 20 WORCESTER, SUPER CUTS
SPAGS 19, BANKNORTH OF SHREWSBURY
FLAGSHIP BANK OF SHREWSBURY
SOVEREIGN BANK OF WHITE CITY
CENTRAL ONE CREDIT UNION, COMMERCE BANK
PREFERRED PAINTING, ELAYNE GILBERT: MANICURIST

Advanced Wellness Workshop: Wednesday, February 25th

Sponsored by Shrewsbury Family Chiropractic. Workshop will be held Wednesday, February 25th, 2004 at 6:45pm, at their 555 Main Street office. The topic will be "Vaccination Decision". Come find out why and what might help. No charge for patients of Shrewsbury Family Chiropractic, \$5 for all other guests in advance, \$7 at the door. Bring a friend! Call (508) 845-2778 to sign up or get more information.

Transportation: A Key To Staying Active!

Now that the 3rd van is about to come on board, we want everyone to be aware of our Transportation services. Some people are not aware of our existing services; let alone how we hope to expand our services. A **transportation packet** is available explaining our existing services; part of which is in a helpful question and answer format. Our existing services allow people to go to medical appointments in Shrewsbury and Worcester, go grocery shopping, visit malls and many other stores. We are able to accommodate people with wheelchairs as well as other special needs. Some of our riders still drive their own cars but do not like to drive in Worcester. We are here for you! People who are under 60 and have a disability can also be served. We hope the 3rd van will allow us even greater flexibility as to where and when we can transport people. So if you have any kind of transportation need or concern, please call our Transportation Coordinator, Cynthia Willis at (508) 841-8643 to learn more!

Fallon Representative Janice Sochalski will not be at the Senior Center in February, but will return in March. If you have a Fallon Senior Plan question, call 1-800-868-5200 for more information.



Dean Park Pizza
745 Main Street
508-842-2525

Offering a 15% Senior Dine-in
Discount on Mon & Wed.

Breakfast: Sat & Sun:
7am-noon

Try our fresh seafood!
Many menu choices!

**Polito
Development
Corporation**
Commercial Industrial
Residential Real Estate
587C Hartford Turnpike
Shrewsbury MA 01545
508-842-5300



Shrewsbury Rotary Club
"Service Above Self"
Joseph Montecalvo
President - 2003 - 2004

Britton Funeral Homes, Inc

Britton Funeral Home
648 Main St. Shrewsbury
(508) 845-6226

Britton Wallace Funeral Home
91 Central St. Auburn
(508) 832-4420



February 2004 Calendar

Please Note: Tues, Line Dancing, Tai Chi, Acrylic, Watercolor Painting & Clay Creations are PARKS/REC activities. Participants must register at the Parks Dept. Call 508-841-8503

Monday

Tuesday

Wednesday

Thursday

Friday

2 9am-1pm AARP Tax Assist 9:30 Piecemakers 9:45 Line Dancing w/Josi 11:00 SSC Club 11:30 Whist 12:30 Bridge *Chicken Chow Mien	3 Trip : Solomon Pond 9:00 Billiards 9am-1pm AARP Tax Assist 10:00 Sr. Line Dancing 10-12 Independent Artists 12:00 Acrylic Painting w/Elaine 2:00 ChiGong 3:15 Tai Chi/4:00 Adv Tai Chi *Beef Stew	4 9:00 Senior drawing 9:30 Sr. Fitness & Nutrition 11:00 Yoga 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates *Chicken Mornay	5 9:00 Men's Group 9:00 Sr. Acrylic Painting 10:45 Sr. Watercolor 11:00 Music w/Kitty 1:00 Pitch *Hot Dog	6 9:00 Clay Creations 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands *Baked Ravioli
9 9am-1pm AARP Tax Assist 9:30 Piecemakers 9:45 Line Dancing w/Josi 11:00 SSC Club 11:30 Whist 12:30 Bridge 2-3 Reiki *Stuffed Cabbage	10 Trip: Xmas Tree Shops 9:00 Billiards 9am-1pm AARP Tax Assist 10:00 Sr. Line Dancing 10-11 Spinal Screening 10-12 Independent Artists 12:00 Acrylic Painting w/Elaine 1-2 Hearing Screening 2:00 Chi Gong 3:15 Tai Chi/4:00 Adv Tai Chi *Teriyaki Chicken	11 9:00 Senior drawing 9:30 Sr. Fitness & Nutrition 10:00 COA Board Meeting 10 Legal Clinic w/Paula Smith 11:00 Yoga 12:30 Bridge/1-3:00 Whist 1-3 Financial Clinic 1-2:00, 2:15-3:15 Pilates *Italian Sausage	12 9:00 Men's Group 9:00 Sr. Acrylic Painting 10:45 Sr. Watercolor 11:00 Music w/Kitty 1:00 Pitch *Stuffed Salmon Filet	13 9:00 Clay Creations 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands *Liver & Onions
16 Presidents' Day All Municipal Offices Closed	17 Trip: Marshall - Westboro 9:00 Billiards 9am-1pm AARP Tax Assist 10:00 Sr. Line Dancing 10-12 Independent Artists 12:00 Acrylic Painting w/Elaine 1-2 Hearing Screening 2:00 Chi Gong 3:15 Tai Chi/4:00 Adv Tai Chi *Meatballs	18 9:00 Senior drawing 9:30 Sr. Fitness & Nutrition 11:00 Yoga 12:30 Bridge/1-3:00 Whist 1-2 BP Screening 1-2:00, 2:15-3:15 Pilates *Veggie Lasagna	19 9:00 Men's Group 9:00 Sr. Acrylic Painting 10:45 Sr. Watercolor 11:00 Dodge Park Lunch 11:00 Music w/Kitty 1:00 Pitch *BBQ Beef Ribs (mow only)	20 9:00 Clay Creations 11:30 Brown Bag Lunch and MOVIE 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands *Chicken Piccata
23 9am-1pm AARP Tax Assist 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge *Steak Tips	24 Trip: Greendale Mall 9:00 Billiards 9am-1pm AARP Tax Assist 10:00 Sr. Line Dancing 10-12 Independent Artists 12:00 Acrylic Painting w/Elaine 1-2 Hearing Screening 2:00 Chi Gong 3:15 Tai Chi/4:00 Adv Tai Chi *Chicken Cacciatore	25 9:00 Senior drawing 9:30 Sr. Fitness & Nutrition 11:00 Yoga 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates *Veggie Cheese Bake	26 9:00 Men's Group 9:00 Sr. Acrylic Painting 10:45 Sr. Watercolor 11:00 Music w/Kitty 1:00 Pitch 1:00 "Older Drivers" Talk *Chicken a la King	27 9:00 Rep. Polito Office Hrs 9am: Newsletter Mailing 9:00 Clay Creations 9:30: Writers Workshop 9-10 Chi Gong 10:00 Cribbage 1-3 Busy Hands *Macaroni and Cheese
Elder & Disability Law Advocates <ul style="list-style-type: none">• Guardianships• Estate & Medicaid Planning• Medicaid Benefit Applications Worcester, MA (508) 755-6525	All special monthly activities, meetings and screenings appear in italics Please call the Senior Center at 841-8640 to register for or learn about an activity, screening or clinic. The entrée at the meal site is listed each day with an(*) To reserve a seat, please call the Meal Site Office at 508-841-8757 the business morning before.			

